

Thomas Keating's Eight Points of Agreement

Perennial Wisdom from Contemplatives of Eight
World Religions

The participants in these dialogues represented: Buddhism, Hinduism, Judaism, Islam, Native Americans, Russian Orthodoxy, Protestantism, Roman Catholicism

**The world religions bear witness
to the experience of Ultimate
Reality, to which they give
various names.**

**Ultimate Reality cannot be
limited by any name or concept.**

**Ultimate Reality is the ground of
infinite potentiality and
actualization.**

**Faith is opening, accepting, and
responding to Ultimate Reality.
Faith in this sense precedes every
belief system.**

**The potential for human
wholeness—or, in other frames of
reference, enlightenment,
salvation, transcendence,
transformation, blessedness—is
present in every human being.**

Ultimate Reality may be experienced not only through religious practices but also through nature, art, human relationships, and service to others.

**As long as the human condition
is experienced as separate from
Ultimate Reality, it is subject to
ignorance and illusion, weakness
and suffering.**

Disciplined practice is essential to the spiritual life; yet spiritual attainment is not the result of one's own efforts, but the result of the experience of oneness with Ultimate Reality. [2]